

SPRING 2006

Parent/Guardian Volunteer Information Sheet

Listed below are information and explanations about volunteer opportunities for parents/guardians for Spring Season 2006. There are many volunteer positions available, involving just a few hours or more ongoing projects. Please consider volunteering in any capacity you wish. Help from volunteers is vital for a successful rowing season!

So please read through the short descriptions of the different areas we need help in, ask questions, and please be generous with your time! Complete the reverse side and return to the MB Office by 2/10/06.

- **Baker Day and Shoreline Clean-up, March 18:** This is held at the Mt Baker facility. This year we will be holding an in-house "Ham'n'Egger" race for the MB junior teams and the MB and Conibear adult rowing teams. Check-in for the race is at 8:15am and the race is scheduled to start at 9:00am. The required community clean-up, which will consist of cleaning the shoreline of garbage and debris from south of our facility and north to Baker Beach, will follow the Ham'n'Egger. A notary will be on site to provide notarization for athletes' traveling to the Brentwood Regatta, Vancouver Island, Canada.
- **Seattle Sprints, April 22:** This is hosted by and held at Mt Baker. Help with concessions – selling food. We need timers and runners to help with the race results. Experienced launch drivers are needed to be on the race course or at the start or finish line. This is a great way to see the races close up!
- **Chaperone:** Travel to Brentwood Regatta and/or Jr Regional Championships. Willing to sleep on a hard gym floor with roughly 120 athletes, for two nights. Get the best view possible to watch the races, get to know these great athletes, and be a 100% supporter of positive behavior. Food will be provided.
- **Regatta food tent:** Spend a few or more hours working at the Mt Baker athlete food tent/trailer for the travel regattas. Help with breakfast, lunch, or dinner and be willing to laugh. This is by far one of the best ways to get to know the other athletes that your athlete spends 10 –15 hours a week with.
- **Row-A-Thon:** Help with preparing packets for letter writing for each athlete 1 week prior to the event, and/or supervising the actual letter-writing event. The letter writing will take place on 3 to 4 consecutive days during normal rowing practice hours; you can help with just one day or all, whatever works with your schedule. The row-a-thon this year will be held during practice, dates to be announced.
- **Awards Night:** Scheduled for May 25, to be held at the South Lake Union Park Armory Building. Help with planning and organizing this event at the conclusion of the spring season. This takes many volunteers to put together both before, during, and after the event.

All volunteer activities will have a "lead" person who's volunteered in the position before. We are always looking for ways to improve and expand so all of your constructive comments are welcome. Please call or e-mail the Volunteer Coordinator, **Carole Button** with any questions, comments, or suggestions, at (phone) 425-271-4179 or (e-mail) jcbUTTON@qwest.net.



SPRING 2006 PARENT INFORMATION & SIGN UP SHEET



PLEASE RETURN TO MB OFFICE BY **Friday, 02/10/06**

PARENT/GUARDIAN Name(s): _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: (day): _____ **(Eve):** _____ **(Cell):** _____

(Fax): _____ **Parent/Guardian E-mail:** _____

Athletes full name: _____ **School / Grade:** _____ / _____

Athletes E-mail _____

Athlete is a (circle one): **Novice Boy** **Novice Girl** **Varsity Boy** **Varsity Girl**

I am/We are interested in helping in the following ways:

Row-A-Thon – dates to be announced

- ☐ Packet preparation prior to event
- ☐ Supervise letter writing

Baker Day, Saturday March 18

- ☐ Baker Bash Regatta
- ☐ Brunch
- ☐ Boulevard Clean-up

Seattle Sprints, Saturday April 22

- ☐ Food Concessions
- ☐ Merchandise sales
- ☐ Launch Drivers (training included)

Chaperone at Away Regattas

- ☐ Brentwood Regatta, Thurs-Sun Apr 27-30
- ☐ Jr Regional Champs, Thurs-Sun May 18-21

Food Tent at Away Regattas

- ☐ Green Lake Regatta, Sat. March 25
- ☐ Brentwood Regatta, Fri-Sun Apr 28-30
- ☐ Jr Regional Championship, Fri-Sun May 19-21

Team Photo Orders

- ☐ Coordinate Orders
- ☐ Coordinate pick-up at Awards Night

Awards Night, Thursday May 25

- ☐ Set-up
- ☐ Clean-up
- ☐ Raffle Coordinator
- ☐ Organize athlete awards
- ☐ Decorations Coordinator

***NOTE: All above information is kept for private use only!**

Return this to Mt Baker:
BY FEB 10, 2006

3800 Lake Washington Blvd S or FAX (206) 386-1914
Seattle, WA 98118

THANK YOU IN ADVANCE FOR ALL YOUR SUPPORT!